

## PRESS RELEASE

### For Immediate Release

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### **New Lincoln Senior Center Offers Weekday Meals** *Lunch Service Provides Nutrition and Social Connection*

**(Auburn, CA)** – Surprising to some, Lincoln’s senior population is experiencing increasing rates of hunger making them particularly vulnerable to the adverse health effects, both physical and mental, that so often accompany a lack of substantive nutrition. During this rainy winter, when inclement weather can preclude a trip to the grocery store, the City of Lincoln has announced a new nutrition option for its senior population. Through an innovative ‘community council’ concept, collaboration with the City of Lincoln and generosity of the Lincoln Hills Foundation, the Lincoln Senior Center, a safe space where seniors can comfortably gather on weekdays for a nutritious lunch and social interaction, has been created.

Lincoln seniors can now visit the new center for lunch Monday through Friday at 11:30 a.m. The meals are offered in partnership with Seniors First, Placer County’s premier nonprofit focused on seniors, and are prepared in accordance with federal nutritional guidelines for seniors. A free-will donation of \$3 per meal is suggested. Guests may view the evolving monthly menu on the Seniors First website at [SeniorsFirst.org](http://SeniorsFirst.org).

Besides nutrition, the Senior Center provides an opportunity for social interaction for its guests. With many living alone and at risk of isolation, a visit to the cozy and inviting Center and its friendly volunteer staff can prevent a solitary day for a lonely senior. In the future, the Center will also host engaging classes and activities such as a travel club, weekly bingo and a community garden.

The Lincoln Senior Center is located at 391 H. St. For more information and to make a lunch reservation, please visit [LincolnSeniorCenter.org](http://LincolnSeniorCenter.org).

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